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Biden to head U.S. delegation at Olympics

GAMES United States Vice-President Joe Biden will lead the American delegation at the opening of the Vancouver Winter Games.

U.S. government officials say Biden and his wife will attend the opening ceremonies on Feb. 12 and will remain in town for the next few days.

The White House statement did not say if President Barack Obama would visit at a later date.

As many as 35 heads of state or high-level ministers are expected at the opening ceremonies.

THE CANADIAN PRESS

Making a stand **Medal podiums community effort**

JEFF HOPSON/METRO VANCOUVER

VANOC CEO John Furlong pats one of 23 podiums that will be used during the 2010 Games. The podiums are each made from one of 18 different kinds of wood donated from 23 communities across the province. Story, page 3

Free rehearsal tickets being sold on Craigslist

Scalping by volunteers, performers criticized in online forums

DEREK MOSCATO
for Metro Vancouver

VANCOUVER 2010 Games

Some Vancouver Olympics volunteers and performers are being criticized online for selling free tickets they received for next week's opening ceremonies dress rehearsals.

The tickets, given by VANOC to volunteers and to those performing at the ceremonies, are being sold for as much as $300 on Craigslist.

Olympic volunteers are entitled to one free ticket each to the Feb. 8 or Feb. 10 events, with the option to buy one additional ticket each for $50 for a family member or friend. Opening ceremony performers also receive free tickets.

The dress rehearsal is a dry-run of the soldout opening ceremonies on Feb. 12.

In previous correspondence to volunteers, organizers indicated that it would be reasonable for them to give their ticket to a relative or friend if they could not attend.

But the tickets are still being sold online, which is infuriating some.

"Opening ceremonies dress-rehearsal tickets are given for free to volunteers ... Shame on those selling them for hundreds of dollars," said one irate poster on Craigslist.

"As a performer we were given five tix for free," wrote another poster at the website. "I would not buy them for some of the prices (people) are asking."

The scalping of free tickets also came under fire at a Facebook forum devoted to the 2010 opening ceremonies dress rehearsal frequented by volunteers.

"I think it is absolutely disgusting that there are volunteers selling their dress-rehearsal tickets on Craigslist for a profit, and not only is it disgusting, it is against VANOC's policy," wrote one forum member. "Where is your Olympic Spirit?"

VANOC did not respond to Metro's request for comment by publication time.

Giant T stands for transit

PROJECT Following in the footsteps of world-renowned cities like Berlin, London, Paris and Montreal, Vancouver is getting its own iconic transit sign — a giant T on a blue square.

The signs, which are also going up at busy Richmond stations, will make it easier for Olympic visitors to quickly spot Canada Line and SkyTrain stations, and helps brand the city's transit system.

"Metro Vancouver has a world-class, integrated transit system, and the T is a simple, clear symbol that ties all the elements together," said TransLink CEO Ian Jarvis.

"This is one symbol (that) will make it easier to navigate the system."

The signs mean Vancouver can join the ranks of other international cities with iconic wayfinding symbols like the Montreal Metro's arrow, the Berlin U-Bahn's U and the London Underground's red circle.

They're part of a broader wayfinding project to present a unified, consistent and legible image of the city's transit network, including larger station-name signs on the street, network diagrams and local walking maps.

METRO VANCOUVER

STIG NIELSEN/FOR METRO VANCOUVER

One of the new transit signs at Waterfront Station yesterday.

News on the Move

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Vancouver Games

Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.
• Today — High expectations placed on speedskaters, page 11

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Local

Trucks bring snow to Cypress Mountain

The lack of snow on Cypress Mountain has forced VANOC to truck in more than 30 loads of the white stuff from Mount Allison, which is located a three-hour drive away from the Olympic venue. The well-travelled snow will be added to training runs and used to improve the look of some of the areas that will be featured on TV. METRO VANCOUVER

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

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News in brief

CANCELLED Plans to use a cruise ship as a floating hotel during the Vancouver Winter Olympics are apparently being scuttled, cknw.com reports. Marco Polo Tours, the company that builds and sells the Olympic travel packages, said they are cancelling bookings and contacting individual travel agencies. METRO NEWS SERVICES

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WHAT'S ONLINE TODAY

Blogs Spindoctor tackles Toyota's woes, Tory Senate appointees, and the media reaction to Apple's iPad

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KRISTEN THOMPSON/METRO VANCOUVER

City staff assess traffic patterns at Vancouver's Transportation Operation Centre yesterday.

Viaduct closures loom

Commuters urged to leave cars at home

If the city has one message for Vancouverites this Friday it's this: Hang up your car keys and find alternate routes into downtown.

The most significant road closures being implemented for the Games take effect then, as the Dunsmuir and Georgia viaducts close to traffic and pedestrians.

Organizers need to reduce vehicle traffic downtown by at least 25 per cent, and say they're cautiously optimistic that commuters will co-operate.

When the city closed Expo and Pacific Boulevards last week, there was only a four per cent reduction in vehicle trips, said Dale Bracewell, director Olympic transportation for the City of Vancouver.

"We are concerned when it comes to the vehicle numbers," said Bracewell.

"We noticed ... that some of the ways people responded to the closures on Expo and Pacific was to use the viaducts as an alternate route."

With the viaducts no longer an option, Vancouverites need to re-think how much they need or want their cars downtown.

VANOC has more than 1,000 vehicles on the street and there are hundreds of coach buses moving athletes, dignitaries and other visitors around Metro Vancouver.

To assess traffic patterns and respond to issues as they arise, a team of city staff is using cameras to monitor intersections, and will control traffic signals and message boards when needed.

KRISTEN THOMPSON/ METRO VANCOUVER

Supporters to house Liberals during Games

VANCOUVER 2010 Games

ACCOMMODATION Around a dozen Liberal MPs and senators visiting Vancouver for the Olympics will be bunking with local Liberal supporters, who have offered spare rooms in their homes.

Joyce Murray, MP for Vancouver Quadra, helped arrange the accommodations by way of an email inviting people to host some of her colleagues while they're in town.

"It's difficult to get accommodations during the Olympic period," she said yesterday. "These (homeowners) are Liberals and I think (volunteering their homes) is in the spirit of the 2010 Olympics."

"I think it's great that locals will provide a welcome to people from other parts of Canada."
MP Joyce Murray

She said 11 people have offered to act as a home-stay family, and all her colleagues now have somewhere to lodge.

"I think it's great that locals will provide a welcome to people from other parts of Canada."

KRISTEN THOMPSON/ METRO VANCOUVER

Vandalized Israeli flags replaced

FLAGWALK A pro-Israel organization yesterday praised the South Granville Business Improvement Association (SGBIA) for quickly replacing sidewalk flags that were vandalized.

Hundreds of sticker flags representing 80 nations were placed on Vancouver's sidewalks ahead of the Olympics as part of a project dubbed Flagwalk.

Someone wrote "Free Palestine" on one of the Israeli flags. Another was vandalized with paint on Boxing Day, said Sharon Townsend, executive director of the SGBIA.

So far, about 25 per cent of the flags have been replaced for various reasons. Not all were vandalized.

"We are concerned about all vandalism and disrespect paid toward the nations of the world," Townsend said. "Flagwalk is a celebration of peace and friendship." STIG NIELSEN/ FOR METRO VANCOUVER

"A cast of colourful characters, including breakout star Allan Hawco."
- KELLY DOODY
CALGARY SUN

"Hawco a perfect fit as charismatic scamp."
- BILL BRIOUX
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SFU research shows turkeys raised in Americas by 200 B.C.
Simon Fraser University archaeologists have traced the roots of domesticated turkeys and found that they were tamed by both the pre-Aztec people of south central Mexico and the ancestral Puebloans in the southwest U.S. Both groups were raising turkeys by 200 B.C. **METRO VANCOUVER**

Podiums made of B.C. wood

JEFF HODSON
jeff.hodson@metronews.ca

Wood from communities across B.C. will support the world's athletes as they mount the podium to receive their medals, VANOC said yesterday as it drew back the curtain on its plans for the medal ceremonies.

The podiums, along with medal trays, bouquets and the costumes for the medal presenters and athlete escorts, were unveiled during a pair of ceremonies in Downtown Vancouver.

Each of the podiums is made of more than 200 slabs of wood, arranged vertically like the grill of a truck.

From above, the podium is supposed to resemble Vancouver Island.

The pieces were donated from 23 community forests, First Nations and businesses across the province — yellow cedar from Campbell River, birch from Clearwater, spruce from Merritt.

JEFF HODSON/METRO VANCOUVER

A volunteer wearing the indoor medal bearer costume shows off the wooden medal tray and bouquet that will be given to medallists during the Games.

"In giving their wood to VANOC, they're saying, 'We're part of these Games,'" said Premier Gordon Campbell. "'We're showing the world who we are as British Columbians.'"

The podiums serve as the focal point of the victory and nightly ceremonies. RCMP in red serge will flank the podiums while volunteers carry the athletes' bouquets and medals on wood trays that are done in the same aesthetic as the podiums.

Following the presentation, the flags will rise while the national anthem of the gold medallist is played.

Aritzia designer Yumi Eto, who created the costumes for the medal presenters and the athlete escorts, said they are reflective of a "West Coast sensibility and style."

VPD's anti-gang measures getting results: Detective

GREG DOWNS
for Metro Vancouver

CRIME With media from around the world in town for the Olympics, Vancouver police said yesterday efforts to combat gang violence are producing results.

"We have had a 35 per cent reduction of shots fired in the city of Vancouver in the last two years," said Dawn Richards, a detective in the VPD gang crime unit.

She said police are focusing on techniques to stop gang crimes before they occur.

"We will be partnering with other police jurisdictions and we will investigate and lay charges no matter where they are," Richards said.

"Gangsters will not be able to hide simply because of municipal boundaries."
Dawn Richards, VPD gang crime detective

"Gangsters will not be able to hide simply because of municipal boundaries."

She also presented a list of myths about gangsters, including that they are loyal, wealthy and that they only shoot other gangsters.

Fourteen innocent bystanders have been injured by violent crime in Vancouver, and five killed since 2007, Richards said.

District 9's writers, effects team earn Oscar nods

MOVIES Sci-fi adventure District 9 has earned Oscar nominations for its Vancouver-based writers and team of technical wizards, bolstering the city's burgeoning reputation as a go-to hub for out-of-this-world movie imagery.

Vancouver's Neill Blomkamp and Terri Tatchell received a nod for best adapted screenplay, while local companies Image Engine and the Embassy are up for best visual effects for their rendering of massive prawn-like aliens and wild weaponry.

"Everybody chipped in, I'm happy for everybody," said Bob Habros, hired by Embassy to lead its team.

"Hollywood has seen that work can actually get done here."
Winston Helgason, the Embassy

"The cinematographer's from Vancouver, the composer's from Vancouver, the editor's from Vancouver, most of the effects were done in Vancouver. It's like such a cool project for the home team, you know?"

Embassy president Winston Helgason, whose company earned a visual effects nomination last year for Iron Man, said Vancouver is developing a reputation for slick work.

"Hollywood has seen that work actually can get done here."

Although the main centres for visual effects continue to be Los Angeles followed by London, Helgason said Vancouver now rivals San Francisco as the next go-to place for eye-popping images.

THE CANADIAN PRESS

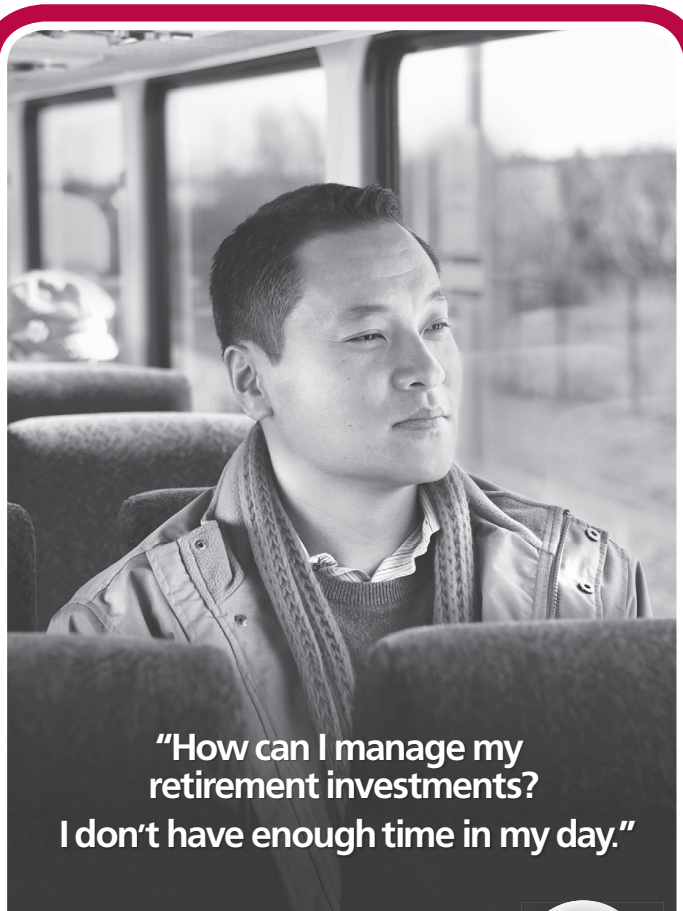
News in brief

HOUSING Real estate sales in Metro Vancouver jumped 152 per cent last month when compared to January 2009. The average price of a residential home is $573,000.

ASSAULT A persistent pervert tried to assault an off-duty officer jogging in Chilliwack. The suspect jumped from the bushes and chased the woman, even after she identified herself as an officer. She arrested him and sat on him until police arrived.

SHOOTING A Surrey man has been given nine years in prison for his role in the shooting of a woman through her front door. Stacey Baetz, 26, then robbed the neighbours at gunpoint. METRO NEWS SERVICES

*Contest period: January 12 to March 23, 2010. Round-trip ticket is from Vancouver to Taipei. Travel must be completed between May 1 and December 31, 2010. You are required to answer 2 skill questions. Some restrictions apply. Visit www.flyfree2taiwan.com for details.



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Cops: Give us leads, not Facebook
Police in Belleville, Ont., are asking people with information regarding the disappearance of a 27-year-old woman to call them instead of posting it to Facebook. THE CANADIAN PRESS

Canada

Military taxed by multiple missions

Haiti Crisis

The Conservative government, which has enjoyed positive reviews for its handling of the Haiti disaster, needs to make tough decisions soon about whether to keep troops in the earthquake-ravaged country, say defence experts.

About 1,000 soldiers from Canadian Forces Base Valcartier, Que., that were sent to Haiti are on a tight schedule.

The same unit, the 3rd Battalion of the Royal 22nd Regiment, goes to Afghanistan in December and is slotted for combat training in Fort Irwin, Calif., this April.

That means the so-called Van Doos will have to be out of Haiti by mid-to-late March, just when defence analysts say security in the disaster zone may need to be increased.

"I just don't know how you maintain it, but by the same token I don't know how you pull out given that it's such a continuing human crisis," said Robert Huebert of the University of Calgary.

The United Nations this week set up permanent distribution sites for aid and food in an attempt to head off potential violence. Noting that Haiti remains "stable but potentially volatile," the world body also reported an armed group attacked a food convoy at an airport in the southwest.

Experts have said gang violence and social unrest is likely to increase in the coming months.

Huebert said the "Forces are getting no down time, no rest time" and the government needs to make up its mind how the future mission will unfold.

The military also has its disaster-response team, two warships and regular air force relief flights going to the island nation.

A spokesman for Defence Minister Peter MacKay lauded the work the military has done in Haiti, but acknowledged no decision has been made on whether the humanitarian deployment will be extended.

"We are looking at it day by day and assessing as the situation evolves," said Dan Dugas.

THE CANADIAN PRESS

Not enough to go around

- Canada's already stretched military was able to pull together an almost 2,000-member relief contingent for Haiti, despite the Afghan combat mission and the commitment to the Vancouver Olympics.

Ontario **Willie sees his shadow**

CHRIS YOUNG/THE CANADIAN PRESS

South Bruce Peninsula Mayor Gwenn Gilbert puts her ear to Wiarton Willie in Wiarton, Ont., yesterday. Better keep the snow shovel, toque and hot chocolate handy — Canada's most famous furry forecaster emerged from his slumber and saw his shadow on Groundhog Day, which means that six more weeks of winter are still ahead of us.

Williams blasted for trip to U.S.

HEALTH Danny Williams' sky-high popularity ratings may have imbued him with the status of political demigod in Newfoundland, but the outspoken premier was nevertheless feeling the heat yesterday for his decision to seek heart surgery in the United States.

Having left a huge information vacuum in his wake — there was no word on his condition, the type of surgery he needs or where he is getting it — Williams is facing a level of scrutiny and criticism rarely seen since he became premier in 2003.

THE CANADIAN PRESS

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Danny Williams' choice to have surgery in the U.S. fans the flames of debate in that country. Scan this code for the story.

Mom gets 30 months in baby death
A 20-year-old New Brunswick woman has been sentenced to 30 months in prison for criminal negligence causing death in the slaying of her newborn boy. THE CANADIAN PRESS

Iggy urges PM not to ignore abortion

World health plan needs 'full gamut' of choice

Michael Ignatieff is urging Prime Minister Stephen Harper not to exclude abortion and contraception from his plan to become an international champion of women's and children's health.

The Liberal leader sought assurances yesterday that Harper's agenda to improve the lot of women and children in the world's poorest countries will include funding for all reproductive health services.

"Women are entitled to the full gamut of reproductive health services and that includes termination of pregnancy and contraception," Ignatieff told a Liberal-sponsored roundtable discussion on foreign aid and international development.

"Women are entitled to the full gamut of reproductive health services and that includes termination of pregnancy and contraception." Liberal Leader Michael Ignatieff

Harper is hosting the G8 summit in June and he's vowed to use the opportunity to launch a major initiative to improve the health of women and children.

Ignatieff urged the Harper government not to follow the lead of the United States, which in the past has cut funding to some aid organizations that promote the use of contraceptives and abortion.

The Liberals subsequently issued a news release expressing fear that Harper is already going down the American path.

It cited a petition filed in the House of Commons by Conservative MP Brad Trost urging the government to cut funding to the International Planned Parenthood Federation.

THE CANADIAN PRESS

Ottawa **Winterlude ice sculpture**

TRACEY LONG/METRO CANADA

Ottawa ice carver Suguru Kanbayashi works on Ogopogo, a 100-block ice sculpture to be featured at Winterlude, which kicks off this weekend in Ottawa. About 350,000 people are expected to take in the sculptures over the next three weeks.

Iqaluit meeting site not tied to seal hunt: Official

FINANCE Foreign officials descending on frozen Iqaluit this week will be getting a taste of Canada, and possibly a lesson on why many in the country feels so strongly about preserving the seal hunt.

Canadian officials said yesterday that Canada won't try to score points at the G7 meeting of finance ministers and central bankers about the hunt that is despised in many parts of the world, but they are also making sure those at the meeting will be aware of the importance of seals in the North.

Europe is on the verge of banning seal products, but officials from Germany, Britain, France and Italy will be given an opportunity to dine on the mammal during a community feast on Saturday night.

In addition, the foreign dignitaries will be sitting on seal-skin upholstered chairs at their meetings in the Nunavut assembly and they will be given seal-skin mittens and vests as parting gifts. THE CANADIAN PRESS

News in brief

HUMAN RIGHTS Dozens of non-governmental organizations that work in the field of human rights have written an open letter denouncing actions by the Conservative-appointed board at Rights and Democracy. The government-funded, arms-length agency has been in turmoil for months as factions on the board battled with staff and each other.

CRASH The general manager of Cougar Helicopters says last year's crash of an offshore chopper in the North Atlantic that killed 17 people has changed the helicopter company forever.

THE CANADIAN PRESS

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Man set self on fire, lied about attack: Police

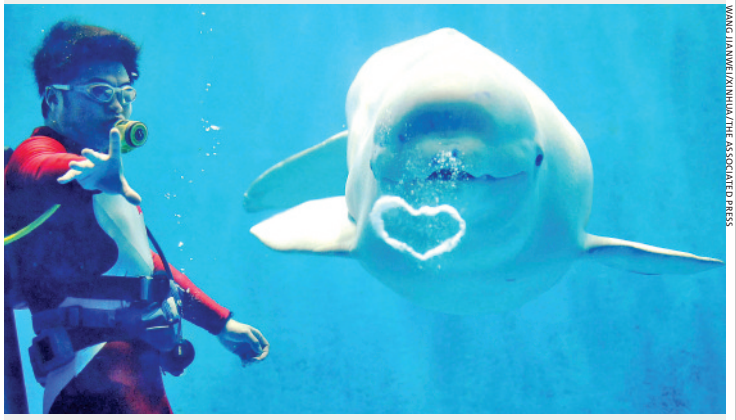
Australian police yesterday said an Indian man who claimed he was attacked and set on fire made the story up after accidentally lighting himself on fire while torching his car in an insurance fraud scheme. The incident occurred amid growing tension between India and Australia over a highly publicized spate of violence against Indian students in Melbourne. THE ASSOCIATED PRESS

World

Jackson's doctor to be charged

Los Angeles prosecutors plan to charge Michael Jackson's doctor with manslaughter rather than take the case to a grand jury, a law enforcement official said yesterday. Prosecutors will file a criminal complaint against Dr. Conrad Murray, left, who practises in Houston, instead of taking the case before a grand jury, which is done in private. Jackson died June 25 from an anesthetic overdose. Murray maintains nothing he gave Jackson should have killed him. THE ASSOCIATED PRESS

China **Love bubbles**



WANG JIANWEI/XINHUA/THE ASSOCIATED PRESS

In this photo released by China's Xinhua News Agency, a white whale blows heart-shaped bubbles at the Harbin Polarland in China's northeast Heilongjiang Province yesterday.

Police repel food convoy hijacking

Haiti Crisis

Twenty armed men blocked a road and tried to hijack a convoy of food for earthquake victims, but were driven off by police gunfire, UN officials said yesterday as they warned of security problems in the still-desperate nation.

The attack on the convoy as it carried supplies from an airport in the southern town of Jeremie underscored the shaky safety in the streets that has added to Haitians' frustration at the slow pace of aid since the Jan. 12 earthquake.

Most quake victims are still living outside in squalid tents of sheets and sticks and aid officials acknowledge they have not yet gotten food to the majority of those in need.

Mobs have stolen food and looted goods from their neighbours in the camps, prompting many to band together or stay awake at night to prevent raids.

About 20 armed men blockaded a street Saturday and attacked a convoy carrying food from the airport in Jeremie, according to UN spokesman Vicenzo Pugliese. UN and Haitian officers fired warning gunshots and the men fled the scene, Pugliese said.

No injuries were reported and no one was hurt.

"The overall security situation across the country remains stable, but potentially volatile," the UN mission said yesterday.

In Jacmel, also a southern city, 33 escaped prisoners were apprehended Sunday, the UN said. Many prisoners escaped when prisons collapsed. THE ASSOCIATED PRESS

U.S. church group questioned by judge

- A Haitian judge yesterday was questioning a group of U.S. Baptist missionaries arrested trying to leave Haiti with a busload of children they gathered from the disaster zone. The investigating magistrate queried the five women for several hours and will follow up with the five men on Wednesday, according to the Haiti's communications minister. The Americans have yet to be charged.

Al-Qaida 'likely' to attempt U.S. attack

TERRORISM Al-Qaida can be expected to attempt an attack on the United States in the next three to six months, senior U.S. intelligence officials told Congress yesterday.

The terrorist organization is deploying operatives to the U.S. to carry out new attacks from inside the country, including "clean" recruits with a negligible trail of terror contacts, CIA director Leon Panetta said. The annual assessment of U.S. terror threats provided no startling new terror trends but amplified growing misgivings since the attempted Christmas Day airline attack outside Detroit. THE ASSOCIATED PRESS

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What presidential cuisine is on the menu when the Obamas invite celebrity chefs to the White House? Scan this code for the story.

Journal retracts study that linked vaccines to autism

HEALTH A top British medical journal has retracted a discredited study that linked the measles, mumps and rubella vaccine to autism and fuelled anti-vaccination sentiments in Europe and North America.

The Lancet, which published the controversial paper by Andrew Wakefield and colleagues in 1998, said yesterday it had become clear following a review of Wakefield's conduct by Britain's General Medical Council that several elements of the study were false.

Last week the council ruled that Wakefield had shown a "callous disregard" for the children used in his study and acted unethically. The Lancet's move, viewed as long overdue by many infectious disease experts, was welcomed as a way of clearing discredited data from the scientific record.

"It was out there for a very long time. So it's good the Lancet has retracted it. It helps in a small way. But the truth of the matter is the damage has been done," Dr. Allison McGeer, an infectious diseases expert at Toronto's Mount Sinai Hospital, said in an interview.

"The MMR-autism argument is not about the Wakefield article (anymore). It's about the accumulation of belief and perception that's happened since the Wakefield article."

Wakefield and the two authors who did not renounce the study face being stripped of their right to practise medicine in Britain. THE CANADIAN PRESS

Repudiated

- Subsequent studies found no proof the vaccine is connected to autism. And 10 of the 13 authors later repudiated the work in a statement published by the Lancet.

Bulgaria **Rooster sacrifice**

PETKO MOMCHILOV/THE ASSOCIATED PRESS

A Bulgarian woman holds a rooster yesterday, during a celebration in which people sacrifice roosters. The feast is celebrated in the eastern part of Bulgaria for the good health of young boys.

News in brief

SPACE The head of the umbrella organization for aerospace companies in Canada calls the Obama administration's budget a great opportunity for the space business in this country. Monday's U.S. budget kills the Constellation Program — the manned mission to return to the moon — and refocuses NASA spending closer to Earth. Claude Lajeunesse, the CEO of the Aerospace Industries Association of Canada, says the Obama budget focuses on areas like robotics development, where Canada is very strong. But Lajeunesse called on the Harper government to adopt and support a clear long-term space plan. The Canadian Space Agency has been working on a plan for more than a year. THE CANADIAN PRESS

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Iran ready to send uranium
Iran said yesterday it was ready to send its uranium abroad for further enrichment as requested by the UN. THE ASSOCIATED PRESS

U.K. secularists prepare protests for Pope

Pope Benedict XVI's condemnation of British equality legislation designed to protect gays and women in the workplace has deepened the battle lines between the Vatican and secularists, who demand that taxpayers not foot the security bill for his newly announced September visit.

"I am sure many others feel the same resentment as we do at the National Secular Society at funding the presence of someone who wishes to impose a reactionary agenda of social change on us," said the group's president, Terry Sanderson.

The society said it would stage a film festival during Benedict's visit, featuring The Magdalene Sisters, about Catholic nuns' harsh care of teenage mothers in Ireland, and The Boys of St. Vincent, about sexual abuse at a Catholic orphanage in Canada. Other protests are planned.

It's not the only conflict between Britons and the pontiff. Benedict recently surprised the Church of England by inviting traditionalist Anglicans who oppose women priests and bishops into the Roman Catholic fold, and riled Muslims four years ago by quoting a medieval description of the Prophet Muhammad's teachings as "evil." THE ASSOCIATED PRESS

Women sentenced in case of penis gluing

ASSAULT A Wisconsin woman who tied up a cheating lover and glued his penis to his stomach said yesterday that she didn't mean to hurt him and only overreacted because he was trying to contact her 12-year-old daughter.

Therese A. Ziemann, 48, said she and three other women only meant to confront the married man about his cheating ways. Her decision to grab the bottle of nail glue from her makeup bag was "a stupid spur-of-the-minute decision," she said.

"I had just found my daughter's number in his cellphone," she said outside court. "It was just a warning from me to him, to stay away from the kids."

Ziemann, her sister, another lover and the man's wife were all sentenced yesterday to one year probation plus community service for their roles in the revenge plot.

Ziemann, a mother of six, acknowledged that she lured the 37-year-old man to a motel last July after the man's wife contacted her and told her he was seeing other women.

First she tied the man up and blindfolded him under the guise of erotic play. Then she summoned the other three women with a text message, according to court documents. She told police she slapped the man in the face, cut off his underwear and used the glue to attach his penis to his stomach. The other three women arrived, and several berated and belittled the man.

THE ASSOCIATED PRESS

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A little preparation goes a long way towards having fun at the Games. Avoid peak travel times – plan to be at work by 7am and start your commute home at 2pm or if you want to stay downtown to enjoy the celebrations, plan to leave after 7pm and avoid travelling right after events finish. Be sure to give yourself extra travel time and be prepared for crowds wherever you're going during Games-time. Remember to dress appropriately for outdoor conditions. Bring some patience, check for travel alerts and use the trip planner before you leave at **TravelSmart2010.ca.**

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Comment

Sinking to new lows

TheWestView

How low can they go? Politicians, that is. Already among the least trusted professionals — a recent Reader's Digest poll ranked them 39 out of 41, barely above car salespeople and telemarketers — recent shenanigans should earn them coveted last place in next year's poll.

Even in an era of new lows represented by poster boy Rod Blagojevich, the former governor of Illinois, it has not been a great season for politicians.

The man elected to Ted Kennedy's U.S. senate seat is most famous for posing nude in Cosmo.

A New Brunswick MLA has gone viral on YouTube, caught rapping in the House to an American Idol contestant's "original song:" "Pants on the ground, pants on the ground, you're lookin' like a fool with your pants on the ground." Funny, sure, but it hardly elevates the level of legislative debate.

Someone tossed a politically correct pie in the face of Fisheries Minister Gail Shea for her stand on that annual outrage, the cute baby seal hunt, which is scheduled to start again shortly. Politically correct as no animal byproducts were harmed in the baking of the tofu cream pie. Poor Ms. Shea; it didn't even taste good.

Brian Mulroney

And on Parliament Hill, home of that daily jackal fest known as question period, the prime minister arbitrarily prorogued the 40th Canadian Parliament until March 3. Just say no to democracy.

Of course, the way things are going, most of us see that as an improvement. It's worse in England, where politicians scored an all-time low for public trust in a recent Ipsos Mori poll, making them the least trusted professionals in the nation, even lower than journalists, that other reviled sect.

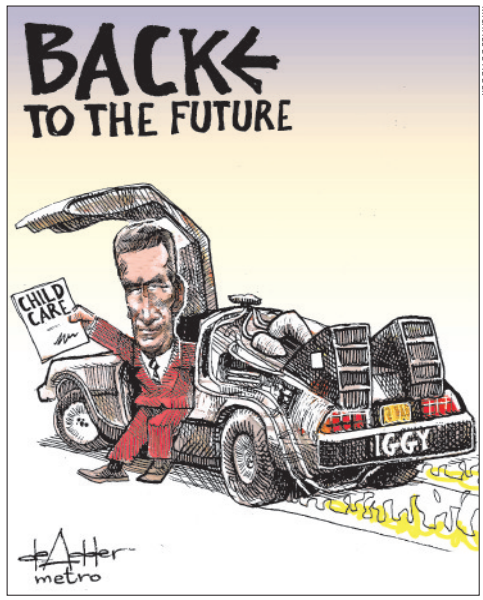
It might have something to do with one MP claiming porn movies as a parliamentary expense or another hiring his teenage son, a full-time student, as a "parliamentary assistant" for more than £11,000 ($18,650). One even claimed £16.50 ($27.99) for a wreath allegedly draped on a war memorial.

As amusing as these hijinks may seem, there are serious consequences. Faced with this Confederation of Dunces, career aspirants are flocking to alternatives such as auto sales and telemarketing, or God forbid, journalism. Who's left to guide democracy? The kids of South Park?

And who will bother to vote for these jokers? Voter turnout in the last federal election was already at an all-time low.

It makes you long for the good old days of ... Brian Mulroney?

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.



MICHAEL DE ADDER

Online chatter

Asked on Twitter: Should Canadian NHLers competing in the 2010 Winter Games in Vancouver receive money if they win a medal, like amateur athletes do?

Follow Metro on Twitter for news updates and more: @metrovancouver

OTTAWA
@jentraplin: If they do get paid, they better be donating it ALL. NHL players definitely aren't in need of another paycheck.

HALIFAX
@666300: I do not think NHL players should be given cash rewards. There is a big difference between the NHL and amateur level salaries. They are playing for their country, not for money. The incentive of a victory for Canada should be enough.

@paulac46: Sure they should ... then they should turn around and donate it back to the amateurs like I do when I win 50/50 at local rink.

TORONTO
@RK818: No, especially since they should not be there in the first place. The Olympics should celebrate the amateur spirit.

@smaldybigby: Hell-to-the-No.

@immy925: i think they should b/c rules are rules, but the hope would be they'd reinvest it into one of those youth sports charities.

CALGARY
@codytorgerson: Sure, but let those who do donate it to their favourite charity.

@nicolesaxton: NHLers make millions a year! If they receive any money from the Olympics they should donate it to charity!

@mb_wilson: If Cdn NHLers donate the money they receive at the Olympics to a notable cause, then yes.

Word on the street: Should Canadian NHLers competing in the 2010 Winter Games in Vancouver receive money if they win a medal, like amateur athletes do?

Peter Litherland
Vancouver
A: They are entitled to it, and they should get it, but it's up to the athlete to be a good corporate citizen and do something useful with it.

Mona Ericksson
Vancouver
A: They don't rely on that funding. An amateur athlete, if they didn't have that support, it could mean that they wouldn't be able to move on and get the sort of training that they would otherwise.

Damon Steele
Vancouver
A: Maybe it should be donated. They make so much money, making a donation to a charity would be much better.

Kelly Cousins
Halifax
A: No, I just don't think they need it. The money could go to amateurs who really need it to help build their career, help develop their skills more than people who already have all this money.

Paul McAteer
Calgary
A: Yes, because there are also players who are not in the NHL playing Olympic hockey and they should be treated the same as other professional athletes.

Liz Do
Toronto
A: No. They already get paid so much to begin with, and since they already have a lot of money and a lot of followers, they should have enough incentive to win a medal already.

We Know What You're Thinking

44% The number of Canadians who have volunteered over the past year.

IPSOS REID

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Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Recession torpedoes Irving Oil's $30-million building project
Irving Oil's parent company says it will not move ahead with its planned world headquarters project. Fort Reliance blames the recession for shelving the $30-million project on the Saint John, N.B., waterfront. The project was opposed by unions and longshoremen who feared it threatened Saint John's future as a working port. THE CANADIAN PRESS

Business

DOLLAR	GAS	OIL	TSX
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US 0.38¢	US 0.02¢	US $2.80	90.79

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

All's fair in love and war **Triumphant trio toast billion-dollar win**

THE ASSOCIATED PRESS

The brother and sisters of Asia's richest businesswoman, the late Nina Wang — from left, Kung Yan-fum, Kung Yan-sum and Molly Cong — speak after winning a court case in Hong Kong yesterday. A bartender-turned-fortune teller who had an affair with the Hong Kong tycoon lost his bid for her multibillion-dollar estate.

In brief

COURT A court granted Canwest Global key extensions yesterday. The Ontario Superior Court extended Canwest Global court protection from creditors to April 14.
THE CANADIAN PRESS

Suncor posts a profit, but it's a 'weak finish'

BOOST Suncor Energy Inc., Canada's biggest energy company, posted a $457-million profit in the final quarter of 2009.

The boost reverses a big loss in the prior-year period, but remains well below analysts' expectations.

Last year "was really about creating the new Suncor," chief executive officer Rick George said.

He added: "2010 will be about realizing the benefits."

UBS Investment Research analyst Andrew Potter called the report a "weak finish to 2009."
THE CANADIAN PRESS

We're doing fine: Flaherty

There will be no repeats on Jim Flaherty's prescription for Canada.

The finance minister said yesterday Canada won't get a second round of stimulus spending even though the economy has yet to fully recover.

But he said the country's going great guns compared to others.

"This country looks so great, compared to most of the other western industrialized countries," he said.

He added: "Our debt to GDP ratio is something like 30 per cent, the Americans are approaching 60 per cent."

Flaherty met with 15 economists and revised the country's projection for growth slightly upwards this year and slightly downwards longer term.

Ottawa now believes the country's 2010 nominal gross domestic product — the size of the economy — will be $56 billion below the level it expected last January.

After meeting with the economists, Flaherty said the recovery is still fragile and uncertainty remains.
THE CANADIAN PRESS

m.metronews.ca

While positive U.S. housing numbers buoyed stock markets, there's still plenty for investors to be wary of. Scan this code for the story.

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Colts owner seeks new deal with Manning

Indianapolis Colts owner Jim Irsay hopes to sign Peyton Manning to a contract extension when the season ends, a move that could make the four-time MVP the highest-paid quarterback in NFL history. Manning's contract is set to expire after the 2010 season, but Irsay doesn't want to wait. THE ASSOCIATED PRESS

Sports

Gesture costs coach $50K

Jets coach Rex Ryan has been fined $50,000 US by the team for making an obscene gesture at a mixed martial arts event last weekend. The team's decision yesterday comes after a smiling Ryan was caught gesturing by a cellphone camera at the competition in Sunrise, Fla., Saturday night. Ryan apologized the next day, calling his actions "stupid and inappropriate." THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Habs hold off Canucks

NHL RESULTS

Canucks 2 Canadiens 3

VS

Coach Jacques Martin showed confidence in Jaroslav Halak and was repaid in spades.

Starting in the next game after a loss for the first time this season, the Canadiens netminder made 45 saves to help Montreal end the Vancouver Canucks' seven-game winning streak yesterday with a 3-2 victory.

Tomas Plekanec scored the game-winner in the third period after Sergei Kostitsyn and Maxim Lapierre scored in the first for Montreal (26-25-6), which ended a three-game winless run and jumped back into a playoff position.

Mikael Samuelsson and Ryan Kesler each scored a power-play goal for the Canucks (34-19-2), who outshot Montreal 20-9 in the third and 47-28 overall.

It was the second game of Vancouver's monster 14-game road trip while their home rink is taken over for the Winter Olympics. They had won 5-3 in Toronto on Saturday and next play Thursday night in Ottawa.

"Losses are never easy to take," said Canucks coach Alain Vigneault. "You've got to fight real hard to stay in the running in the NHL.

"Both conferences are really tight. We've got to have a good practice (today) and get ready for Ottawa."

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Scan this barcode for summaries of last night's NHL games.

GRAHAM HUGHES/THE CANADIAN PRESS

Montreal's Sergei Kostitsyn goes in on Vancouver goaltender Roberto Luongo during second-period action in Montreal last night.

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Montreal 3 VANCOUVER 2
Toronto 3 New Jersey 0
Colorado 5 Columbus 1
Dallas 4 Minnesota 2
Phoenix 1 Nashville 0 (SO)
Tampa Bay 2 Atlanta 1
Washington 4 Boston 1
Los Angeles 2 N.Y. Rangers 1
Detroit 4 San Jose 2

TODAY'S GAMES

Ottawa at Buffalo
St. Louis at Chicago
Carolina at Calgary
Philadelphia at Edmonton
Detroit at Anaheim

NBA

YESTERDAY'S RESULTS

Indiana 130 Toronto 115
Cleveland 105 Memphis 89
Detroit 97 New Jersey 93
Houston 119 Golden State 97
L.A. Clippers 90 Chicago 82
Oklahoma City 106 Atlanta 99
Orlando 99 Milwaukee 82

TODAY'S GAMES

New Jersey at Toronto
L.A. Clippers at Atlanta
Chicago at Philadelphia
Washington at New York
Oklahoma City at New Orleans
Miami at Boston
Golden State at Dallas
Portland at Utah
San Antonio at Sacramento
Charlotte at L.A. Lakers
Phoenix at Denver

METRO HOCKEY POOL STANDINGS*

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NAME	LOCATION	GP	G	A	PTS
1. Brian B	AB, CA	788	334	463	797
2. Jonathon Gremsperger	BC, CA	790	334	456	790
3. Shawn Tschritter	AB, CA	787	315	464	779
4. Christian Gagnon	NB, CA	748	313	460	773
4. Kyle Turk	NS, CA	796	332	441	773
6. Cole Warren	NS, CA	776	288	478	766
7. Joanne Doiron	NB, CA	744	305	459	764
7. Stephanie Warren	NS, CA	766	320	444	764
9. Jean-Paul Osborne	QC, CA	783	306	456	762
10. Shane Gladue	AB, CA	777	280	477	757
11. Feroz Mir	ON, CA	769	299	457	756
12. Bernie Horton	ON, CA	734	313	442	755
13. Tom Collier	NS, CA	801	346	408	754
14. Jordan Camponi	AB, CA	749	297	455	752
15. Steve Ferguson	ON, CA	779	312	439	751

* Results exclude Quebec

markerzone.com

metro

There's still hope for Canucks prospect Hodgson

TheHockeyNews

Rory Boylen
rboylen@thehockeynews.com

Here at The Hockey News, we're working away on our annual Future Watch edition dedicated to prospects and ranking which NHL teams have the best pools to look forward to.

A year ago, Canucks 2008 first-rounder Cody Hodgson graced the cover as the No. 2 ranked prospect (behind Columbus' KHLer Nikita Filatov). Whenever a player rises to those heights it's easy to get excited for the future and fantasize about adding such a player to the top line.

But it's been a bumpy ride for the soon-to-be 20-year-old since. Hodgson notched 123 points in 74 Ontario Hockey League games (regular season and playoffs combined) last season, earning the Canadian League's Player of the Year and a call-up to the American League's Manitoba Moose for a playoff run. In 11 games, Hodgson scored twice and added four assists, a performance that left us all anticipating a roster spot in the NHL this season.

But while training in the off-season, Hodgson sustained a back injury — not an injury you bounce back easily from.

After missing the early portion of Vancouver's training camp, Hodgson returned, but was underwhelming and sent back to the Brampton Battalion. Hodgson's back was too wonky to play a full season with so he has been kept off the ice until now. Hodgson is expected to return with Brampton tomorrow when they take on the Erie Otters.

The Battalion are unlikely to make the OHL playoffs, so all eyes will be on Hodgson to see if he's well enough to contribute to another Moose post-season or, much less likely, make a jump up to the NHL.

Last season, few prospects had their stock rise as fast as Hodgson did. This season, his stock plummeted in the eyes of many onlookers.

Make no mistake, the Canucks will give Hodgson time to heal and he still plays a central role in the pipeline. Just a year ago he was being lauded as a future great two-way centre, perhaps taking the mould of former Canuck legend Trevor Linden.

In this year's Future Watch Top-50 prospects list, Hodgson doesn't hang onto his No. 2 status, but he still has a legitimate future and remains in the Top 5.

As the famous line in Monty Python's Holy Grail goes: "I'm not dead yet."

The Hockey News thn.com

Murray plans to compete
Canadian freestyle skier Julia Murray underwent arthroscopic surgery yesterday and says she plans to race in the ski cross event at the Winter Olympics. THE CANADIAN PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

JONATHAN FERREY/GETTY IMAGES

Christine Nesbitt skates during the ISU World Cup Speedskating Championships Dec. 11 in Kearns, Utah.

Long track, high hopes

With nine medals predicted, speedskaters key to Canada's plans

For years long-track speedskating was ruled by Europeans and Americans, home to the kind of talent most Canadian competitors had little hope of bumping from the podium.

Occasionally, a Gaetan Boucher or Susan Auch would emerge and break through to interrupt that domination. Only such success was fleeting, and never really spread deeper than an athlete or two.

That started changing at the turn of the century, and with the blades set to hit the Richmond Olympic Oval ice at the Vancouver Games, there is a new pecking order in the speedskating world.

Led by the likes of Kristina Groves and Christine Nesbitt, Canada boasts a deep and talented long-track team that may very well claim more medals than any other at these Olympics.

The Dutch, Americans, Germans and Norwegians, among others, have not gone away by any means. But they now see the Canadians the way Canadians once saw them — as a giant obstacle to victory.

"I was really inspired by Clara (Hughes) and Cindy (Klassen) when they came into the team and pretty quickly were right up there. I was like, 'Wow, we can compete against the Dutch and the Germans, we're in there,'" said Groves, who will race in five events and has the potential to win a medal in each.

On the web
Learn more about Christine Nesbitt in an interactive profile at **metronews.ca**

"Now, I'm so thankful to be part of this ridiculously strong team."

Team is the optimal word.

Canadians won eight medals at the Turin Games, but five came from Cindy Klassen's awe-inspiring performance.

This time around, Groves, Nesbitt and Denny Morrison each have the potential to win multiple medals, with a host of other contenders sprinkled in around them.

Privately, Speed Skating Canada officials feel their athletes can climb the podium nine times, and that's not counting on Klassen or Jeremy Wotherspoon, both of whom are wild cards after working their way back from injuries.

That depth of talent has kept the pressure from being focused on one single skater. That has been important since team members have regularly been reminded that they must own the oval for Canada to have any chance of owning the podium at these Olympics.

THE CANADIAN PRESS

Games in brief

MAGAZINE Sports Illustrated is picking Canada to be second-best at this month's Olympics in Vancouver. In its Feb. 8 edition, which hits newsstands today, the sports magazine projects the Canadian team to finish with 30 medals at the Games. Germany is predicted to lead the way with 35 medals

BODE U.S. Ski Team men's coach Sasha Rearick says Bode Miller plans to race all five alpine events at the Vancouver Olympics. Miller's first event will be the downhill on Feb. 13, and he'll also compete in the super-combi, super-G, giant slalom and slalom. There were questions over whether Miller would race the giant slalom because he has not scored a single point in the discipline on the World Cup circuit this season, whereas four other Americans have.

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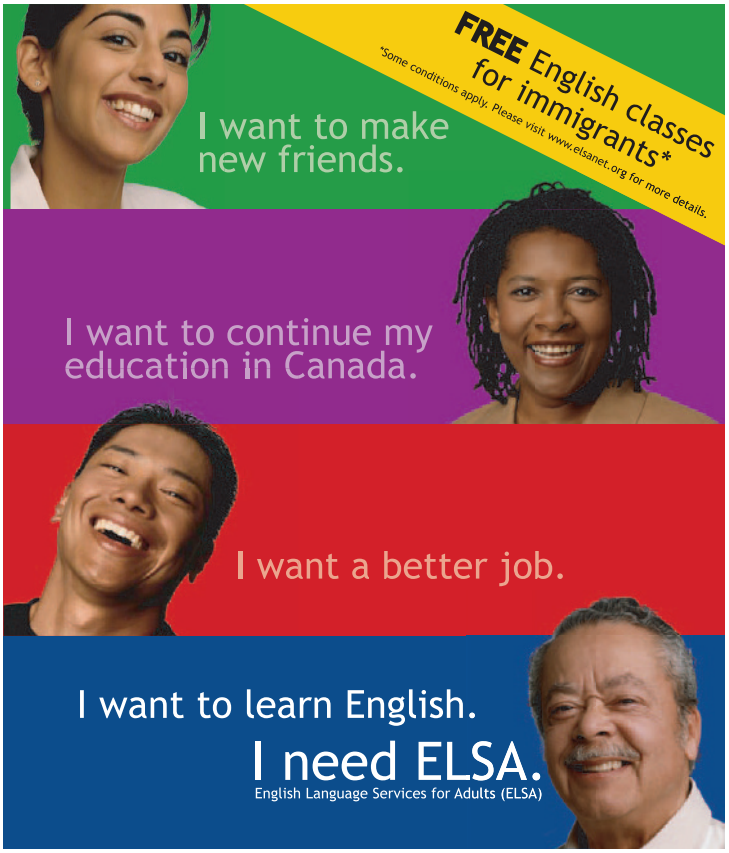

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RRSP Guide

Don't forget

The deadline for making contributions to your Registered Retirement Savings Plan (RRSP) for the 2009 tax year is March 1, 2010. That means you only have 26 days left!

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Go back to basics

Advisers advocating using tried and tested strategies

RAFAEL BRUSILOW
for Metro Canada

The tough economy drew many Canadians away from their RRSP strategies, but now is the time to come back, experts say.

Aaron Margolis, a vice-president at Investors Group, says last year's market scramble has mostly stabilized and the time is ripe for smart, careful investing.

"Certainly the market conditions this year are very different. Last year there was so much fear and panic, this year there's much more calmness. There's a sense that people need to get back into the market, but in a prudent way," Margolis said.

"There's a sense that people need to get back into the market, but in a prudent way." Aaron Margolis, Investors Group

Rather than looking for quick fixes, get back to tried and tested strategies like RRSPs and income-generating investments.

"It's about getting back to the basics. Advisers are saying what has worked in the past should put you in good standing in the future — it might be a little more boring but it works. It's almost like the old adage: What's old is new," Margolis said.

While the Tax-Free Savings Account introduced last year has proven popular, Margolis says you should prioritize your RRSP contribution first because of the tax savings it can provide.

"The TFSA is a terrific vehicle for creating emergency savings, but try as much as possible to max out your RRSP first to benefit from tax efficiencies inherent in it, then consider maximizing your TFSA contribution," Margolis said.

Look for investments that grant an income and try as best as possible to invest with your risk tolerance in mind, he suggests.

Lee Anne Davies, head of retirement strategies at RBC, says an RRSP should be a long-term priority for any Canadian, yet in a recent RBC RRSP poll, only 35 per cent of Canadians with RRSPs said they plan to contribute to their RRSP for the 2009 tax year, with 54 per cent citing the tough economy as the reason.

Perhaps more surprising, the poll also found that 32 per cent of Canadians have not started saving for their retirement, an unfortunate scenario in the making, Davies says.

"We're all going to retire eventually, and you want to make sure you have that nest egg waiting for you," Davies said.

For people feeling like they can't spare enough to save for retirement, Davies says putting away even a relatively small amount, like $25 or $30 each month, can make a big difference in the long run.

"Stay committed to your retirement and it will happen one day. If you just keep saving a bit at a time, it really does add up," Davies said.

The market is ripe for smart, careful investing, experts say.

Next week's lineup

HOW TO SAVE For advice from the experts on strategies for saving, pick up Metro's next RRSP Guide on Feb. 10.

Diverse portfolio can protect against ups, downs of market

JON TATTRIE
for Metro Canada

There are different options for handling your RRSP investments and experts advise a diverse portfolio to protect against the shocks of the marketplace.

"You don't want to keep all of your eggs in one basket," says Allison Marshall, financial advisory consultant with the Royal Bank of Canada. "You want to divide your assets in your RRSP between the different types of investments and also look at some foreign content."

Marshall points to three main options: Cash, bonds and equity. You don't want to have a lot of cash in your RRSP as it defeats the purpose of wanting to earn a rate of return. Treasury bills or money market investments and Canada or provincial savings bonds are "some examples of more liquid investments," she says.

Bonds may also include GICs (Guaranteed Investment Certificates). "You can have any bonds that are issued by companies that are listed on a public exchange in Canada or ... debt that was issued by a company that's on what Canada calls a designated stock exchange," she explains.

That includes U.S., U.K. and Japanese exchanges. A full list can be found at fin.gc.ca.

For equities, you can have any of those common shares and preferred shares on those designated exchanges.

While many people just trust the issuer of the RRSPs to handle the account, a more hands-on investor may want a self-directed RRSP for a wider investment range. Information on those can be found at cra-arc.gc.ca.

What's your risk tolerance? Take our quiz at metronews.ca

In Calgary, Sun Life Financial's Lance Shilliday breaks it down to GICs, mutual funds and segregated funds.

GICs are interest-rate bearing, meaning you can lock in a guaranteed interest rate for one to five years. Mutual funds range from money market to equity funds and segregated funds "are basically the same type of funds as a mutual fund, but they have guarantees associated with them, like a death-benefit and maturity-benefit guarantee," he says.

A new feature is a guaranteed minimum withdrawal benefit. "That basically guarantees you an income for life. It alleviates a lot of the risks involved with retirement," he says.

What does it mean?

- **RRSP:** Registered Retired Savings Plan. They are registered with the federal government and shelter investments from income tax until the money is withdrawn.
- **LIRA:** Because pensions from former employers can't be converted into cash, an option is a Locked-in Retirement Account.
- **RRIF:** Your RRSP must be collapsed by the end of the year in which you turn 71, but you can keep most of the advantages by converting to a Registered Retirement Income Fund.
- **LIF:** Like an RRIF, a Life Income Fund originates from a pension plan, locked-in RRSP or LIRA.

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* The $10,000 RSP Giveaway (the "Contest") commences at 12:00 a.m. (ET) on January 18, 2010 and ends at 11:59 p.m. (ET) on February 28, 2010. No purchase is necessary. The Contest is open to all legal residents of Canada who have reached the age of majority in their province of residence at the time of entry, except employees of The Bank of Nova Scotia and Carlson Marketing (and persons domiciled with them and immediate relatives). There will be 12 prizes awarded, each consisting of a Registered Retirement Savings Plan (RSP) contribution of ten thousand dollars ($10,000.00 CAD) to each winner's Scotia RSP. The chances of winning depend on the total number of eligible entries received during the Contest period. Answering of a skill testing question is required to be officially declared a winner. For full contest details go to scotiabank.com/rspgiveaway. ® You're richer than you think, Scotiabank Group, Scotiabank, ScotiaMcLeod, and Scotia Private Client Group are trademarks of The Bank of Nova Scotia, used with permission. Scotia Private Client Group consists of private client services from The Bank of Nova Scotia, The Bank of Nova Scotia Trust Company, Scotia Asset Management L.P., Scotia Asset Management U.S. Inc., ScotiaMcLeod Financial Services Inc., and ScotiaMcLeod, a division of Scotia Capital Inc., all members of the Scotiabank Group. Scotia Capital Inc. is a member of CIPF.

Nearly $14 million for research projects in N.L.
The federal government announced Sunday $13.8 million under the Atlantic Innovation Fund for seven R&D projects in Newfoundland and Labrador. Memorial University will receive a total of $9.6 million for five projects. METRO NEWS SERVICES

Workology

Program ups Indian enrolment

A new program between Citizenship and Immigration Canada and the Association of Canadian Community Colleges is being credited for doubling the acceptance rate of Indian students coming to study at a select group of Canadian colleges. Launched in April, the Student Partners Program aims to increase the approval rate of study permit applications at 20 participating colleges. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

40 dishes for 40 people

Working **the Wok**

For the month of February, Metro's Workology section will be focusing on some delicious food-related careers. Check back every Wednesday for a new feature.

JON TATTRIE
for Metro Canada

While being a chef can offer you unbridled creativity in the kitchen, it can also be an incredibly busy job.

The best part of cooking for a living is the thrill of a busy kitchen and a restaurant full of customers. It's also the worst part, if you're at the end of a 108-hour week.

Jimmy Dao, chef at the popular Talay Thai restaurant in downtown Halifax, cranks out 18-hour days six days a week in peak times, but if he wants to complain to the boss, he has to find a mirror: He owns the business with his family.

"It's very stressful and very busy. Never ending," he says. "When it's busy, it's a good sign and you're happy, but tired. You feel excited when everything is moving around — it's like exercise."

Dao trained on the job, working in restaurants in Moncton, Montreal and Toronto before opening Talay Thai five years ago. The long and unsociable hours mean he doesn't see his two-year-old son as much as he'd like, but it's the price he pays for doing a job he loves.

"I hope I can continue another 20 years," he says.

John Higgins, director of the Chef School at George Brown College in Toronto, agrees that killer hours are one of the big downsides to cooking for a living.

"Cooking is a tough job. You're on your feet all day, there's pressures, deadlines, customers," he says. "You get 40 customers and you've got 40 different taste palates and you're only as good as your last meal."

The good news is the industry is expanding, meaning jobs at not just hotels and restaurants, but also golf courses, casinos, catering firms and venues like the Air Canada Centre. Companies like Unilever also hire chefs, offering the elusive nine-to-five cooking job.

George Brown College offers a one-year chef training certificate or a two-year culinary management diploma. Year one covers the basic skills needed to work in the food-service industry, like hygiene, tool use and cooking styles. Year two takes those skills deeper. The training is half hands-on, half theory. Theory covers the science of cooking. A lamb chop, for example, can be cooked with radiated heat on a grill, but ox tail has to be cooked much longer because the connective tissue of the collagen takes a few hours to break down.

The hands-on side lets the budding chefs loose in the school's 14 state-of-the-art kitchens, where recipes take a back seat to skills.

For more of the Working the Wok exclusive series check Workology every Wednesday or stop by: metronews.ca/work

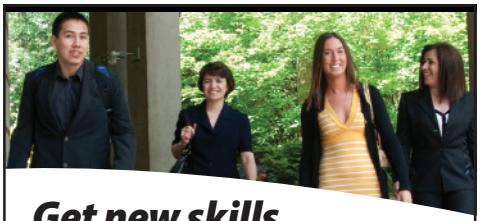
Workology in **brief**

OCUFA CONFERENCE EXAMINES RECESSION'S IMPACT ON UNIVERSITIES The Ontario Confederation of University Faculty Associations held a conference late last month titled Financing Higher Education in the Current Economic Climate, bringing together speakers from universities, research institutes, governments, and the private sector in Canada and the U.S. The conference was designed to reflect on the current downturn's impact on universities, examine trends in PSE financing, and consider implications for the future. OCUFA has posted on its website some of the material presented at the conference.

AUCC TO HOLD SYMPOSIUM ON NORTH-SOUTH PARTNERSHIPS National and international experts will gather in Ottawa today and Wednesday for a symposium hosted by the Association of Universities and Colleges of Canada to discuss key issues, challenges, and best practices for North-South partnerships in relation to universities' internationalization efforts. The symposium will feature new research from AUCC, guest speakers from the South, plenary sessions, and discussion.

UALBERTA'S STUDENT FEES? Last week, the University of Alberta's general faculties council approved a recommendation to establish the Common Student Space, Sustainability and Safety Fee, a $570 annual student fee aimed at dealing with the institution's $59-million shortfall. A university official says the fee is crucial for uAlberta to avoid layoffs.

METRO NEWS SERVICES



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INFORMATION MEETING

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This event will be of interest to managers and leaders in the public and non-profit sectors who want to use social media to further their social mission.

Date: March 5, 2010 (9:00am - 4:30pm)
Fee: $195 Includes Networking Lunch
Location: JIBC Great Northern Way Campus (Vancouver)

For more info: www.jibc.ca/csjd
Register: 604.528.5590 or register@jibc.ca

Manitoba dentists approve fee to support uManitoba dental school
Dentists attending the Manitoba Dental Association's annual meeting last Thursday approved a one-time $500 fee to keep the University of Manitoba's outreach dental clinics open this year. METRO NEWS SERVICES

Humour on the job necessary

Dragons' Den
Dianne Buckner
metronews.ca/dragonsden

Humour in the workplace — there are big benefits to having a laugh at work, but joking around can also be risky.

We all love to have some fun in our working lives. And there are often opportunities to make light of challenges and crack a good joke, especially when team members share triumphs and failures on a daily basis.

And there's no question that one of the reasons Dragons' Den is so popular, is that every Dragon has a well-developed sense of humour. A couple of weeks ago Kevin told two young girls pitching for investment that he can only tell the truth about bad business ideas, because he was once hit by a lightning bolt.

"Is that what happened to your hair?" asked Robert.

CBC PHOTO
Kevin O'Leary with his Dragon doll from Happy Nappy Diaper Service.

"Maybe that's why you're not tall," zinged Brett.

And this week a woman pitches for investment in her baby-related business by giving every Dragon a doll to hold.

"Give me your baby," Arlene says to Kevin. "I want to spank it."

They like to have fun in their workplace — and who doesn't?

But humour can also be risky. Obviously jokes about race or sex or religion are unwelcome, and sometimes even an innocent joke can go wrong.

As a teenager I worked at The Bay. For some reason, if one of my co-workers returned from a break and asked if anyone had called, I would say "Yes, the boss phoned. You're fired."

I know — it's not funny — but what can I say? I was a goofy 17 year old! Luckily they knew it, and usually at least smiled at my kidding around.

But one time, a salesman I'll call Bill returned from lunch and asked if there were any calls. Pretending to be reading from a message on the desk, I made my usual crack. "Yeah the boss says to tell you you're fired".

Bill's face fell — he looked like he'd seen a ghost. "I'm kidding, I'm kidding!" I blurted, apologizing as fast as I could. Bill was relieved, but definitely seemed shaken as he returned to the sales floor.

The next week I heard that Bill had been fired. I realized that he'd probably been told he was on probation, and my stupid "joke" sounded very real to him. Needless to say, I felt awful.

And it taught me a lesson. I still love to be playful and good-humoured at work, but I am careful to do so in good taste.

Dianne Buckner is the host of Dragons' Den and the weekend anchor on the CBC News Network. Watch Dragons' Den at 8 p.m. tonight on CBC.

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Contract frustration?

WorkplaceLaw

Daniel Lublin

Metronews.ca/workplacelaw

"Experience is the name everyone gives to their mistakes" – OSCAR WILDE

Seldom will a temporary illness justify dismissal. But what happens when a sick employee may never return? Can employers discard employees they view as festering on their disability insurance or must they keep their jobs available for an indefinite period of time? According to a recent Alberta case, employers must tread carefully with injured employees or pay the price of their severance.

When Sandra Lippa received a package in the mail containing her record of employment signed by her replacement and her outstanding vacation pay, she assumed she had been fired. Lippa had left work five months' earlier due to an illness and it was not clear when she would return.

Lippa's employer, Can-Cell Industries, disagreed. Lippa hadn't qualified for short or long-term disability insurance, and in the meantime it had no choice but to replace her in her position. Can-Cell wrote to Lippa requesting medical confirmation that her illness prevented her from working and gave her a deadline to respond. When Lippa questioned the sincerity of Can-Cell's position, she was fired for cause.

The company argued that Lippa had abandoned her employment by refusing to return and that her employment was frustrated so it did not owe her any severance.

The legal principle of frustration of contract means that what you have initially bargained for no longer exists. In workplace law, the issue often arises when employees are absent for an indefinite period of time, without any reasonable likelihood of returning.

If an employment contract is frustrated, then the employer has the right to walk away from the employee, without paying any severance.

Recently, an Alberta court considered Can-Cell's arguments and rejected its assertions that Lippa had done anything wrong or that her employment had been frustrated.

According to the judge, Can-Cell had treated Lippa's health problems as being "fortuitous." By arguing that Lippa had abandoned her job, Can-Cell was simply seeking to avoid paying her severance.

It was always Lippa's intention to return, and Can-Cell had acted disingenuously by requesting medical evidence after already signalling its intention to fire her.

Canadian employers are not permitted to discard employees whose prospects for recovering from an illness appear dim. While a legal defence may arise when a long-term absence has clearly become permanent, companies cannot opt for that defence prematurely — or, as Can-Cell Industries recently learned, risk paying considerable damages to an employee it did not think it had fired.

Can employers discard employees on long-term disability?

Daniel A. Lublin is an employment lawyer with Whitten & Lublin LLP. Reach him at dan@toronto-employmentlawyer.com.

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Travel

Heading south for the winter?

Interstate 75 and the 401 is a unique and comprehensive guide that covers Ontario Highway 401 to the U.S. border at Detroit then south along the I-75 to Florida. A quick reference section by exit shows details for gas stations, restaurants and lodgings, with plenty of interesting side trips to sites nearby. As a bonus, there are 300 coupons worth over $2,000 for restaurants, inns, motels, campgrounds, gas stations, historic sites, amusement parks and other sites. METRO NEWS SERVICES

EDITOR: BEN.RYCROFT@METRONEWS.CA

Acapulco for all budgets

Metro finds the places to stay, play and eat at this Mexican gem

GABRIELA GUTIÉRREZ
Metro World News

METRO WORLD NEWS

Pueblo Bravo rafting offers rapids of all difficulty levels.

METRO WORLD NEWS

Cici Water Park has a swim with the dolphins option.

Mexico can be a tricky place to navigate — especially if you are on a budget.

But whether you are looking to save a few pesos or willing to blow the bank, Acapulco offers something for everyone.

Metro has gathered a list of where to stay, play and eat for all budgets.

DAILY BUDGET — $50

Where to eat:

Kookaburna is one of the most romantic and exclusive restaurants.

Its thatched roof and candlelight compliment the splendid views of the bay.

It has excellent service and great wine list.

Where to stay:

Alba Suites is only 40 minutes away from the airport and is set on a peaceful hillside in front of the bay. Close to Caleta and Caletilla beaches, this quiet, cozy hotel perfect for families.

(albasuites.com.mx)

Where to go:

Cici Water Park is located by the beach, where families can enjoy the day in different pools and on various water-rides.

It also features a dolphin show as well as a swim with the dolphins option on the day.

(cici.com.mx)

DAILY BUDGET — $100

Where to eat:

Bellavista offers dinner under the stars. With the best view of Acapulco and an unforgettable gastronomic experience, this one is a must visit.

Retro architecture lends an romantic, refined and elegant atmosphere. (brisashotelonline.com)

Where to stay:

Grand Hotel Acapulco & Convention Centre is a great hotel located in the Bay of Acapulco, overlooking the Pacific.

Restaurants with specialist chefs, two swimming pools, tropical gardens, and a private beach make this an easy choice. (grandhotelacapulco.com)

Where to go:

Pueblo Bravo is an eight-km descent in inflatable rafts through the canyon of the Papagayo River.

Spectacular rapids, scenery and wildlife will thrill and provide you with fun even if your boat happens to spill. (shotoverjet.com.mx/Contenido_rafting.html)

DAILY BUDGET — $500

Where to eat:

Zibu reclaims the historical importance of Acapulco in the spice trade combining fine oriental ingredients with the best of Mexican cuisine to create an original Mex-Thai menu. (zibu.com.mx)

Where to stay:

Fairmont Acapulco Princess is recognized as one of the top hotels in the world overlooking 480 acres of legendary Mexican scenery.

This faultless Aztec pyramid-shaped hotelwill amaze for its looks but also because of its world-class service. (fairmont.com/Acapulco)

Where to go:

Experience the tri-factor of Mexican tourism: scuba diving, snorkeling and sportfishing

Though not widely thought of as a dive destination, Acapulco offers many enthusiasts a safe and enjoyable underwater experience. (fish-r-us.com)

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Leaf wins award

The Nissan Leaf electric car has been named Green Car Journal's 2010 Green Car Vision Award winner at The Washington Auto Show. The innovative Leaf is scheduled to go on sale later this year. METRO NEWS SERVICES

Metro Drive

Michelin plugs in

Michelin has unveiled a new prototype tire designed specifically for battery-powered electric vehicles, providing automakers with benefits including increased range or the ability to reduce the battery size to optimize interior space. CANADIANDRIVER.COM

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

Sorento turns CUV

MICHAEL GOETZ
for Metro Canada

Crossovers rule and SUVs drool.

That's not quite how the analysts describe the ongoing shift from truck-based SUVs to car-based crossovers, but close.

As such, we're used to seeing CUVs (crossover utility vehicles) torment their SUV classmates in the sales-chart playground. But now we're even seeing iconic SUV nameplates "crossing over."

The highest profile defector is the upcoming all-new Ford Explorer, which joins the CUV crowd after spending all its life up until now as a truck. But beating it to the punch is the 2011 Kia Sorento.

The nameplate was first introduced in 2002 as a straight-up SUV. Now that Kia is owned by Hyundai, and now that old-school SUVs are, well, old school, the Sorento has migrated over to the platform that also underpins the Hyundai Santa Fe crossover and the Sonata sedan.

So if you're familiar with the 2010 Santa Fe, you'll be relatively up to speed on the 2011 Sorento.

Judging by our first fling with the Sorento on the highways and by-ways around West Point, Ga., where the Sorento is being built at Kia's first U.S. plant, it's a tough call on which Sorento you should get — both the entry-level four-cylinder vehicle and the higher-rent six-cylinder vehicles have something to say.

The base model (LX) with 175-hp 2.4 litre I4, manual transmission and FWD is just $23,995. At that price it competes with the "smaller half" of the compact segment, but it offers up the interior volume (4,035 L) of the "larger half."

Note also that all Canadian models come standard with these all-weather tools: heated seats, A/C, windshield wiper de-icer, and power heated outside mirrors. All trim lines also feature six air bags, ABS, ESC, Electronic Brake Distribution, Hill Start Assist Control, and Downhill Brake Control.

The V6 is exclusively mated to automatics, starting at $29,095. The EX range begins with the FWD V6 at $31,795, and tops out with the seven-seat AWD Luxury trim model at $39,195.

Drivers will be pleasantly surprised at the fine handling and quiet ride of all Sorento models — and the main reason why Sorento is way better off on this lighter "car platform," with fully independent suspension.

2011 Kia Sorento

Type: Compact crossover
Price: $23,995-$39,195
Engine: I4, DOHC 2.4L/V6, DOHC 3.5L
HP: 175@6,000/276@6,300

Highlights

- Built in the U.S.
- Over 15 models, including seven-seater
- Impressive V6 powertrain

The 2011 Kia Sorento is built on the same platform as the Hyundai Santa Fe and the Sonata sedan.

AutoPilot
Mike Goetz
Read this week's column at metronews.ca/autopilot

vw.ca

RHINO HINGE
Volkswagen door hinges are made of forged steel rather than bent sheet metal for a stronger, more durable car. A baby rhinoceros could sit on a Volkswagen's open door and it would still close the way it should every time. The Rhino Hinge. It's part of what makes a Volkswagen a Volkswagen.

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Gold Key Volkswagen – White Rock
goldkey.ca

*Limited time finance offer available through Volkswagen Finance, on approved credit. Base MSRP of $21,540/$23,540/$29,455 for a new 2010 3-door Golf 2.5L / 2010 Jetta 2.5L / 2010 Tiguan 2.0T base model with 5-speed manual transmission / 5-speed manual transmission / 6-speed manual transmission (including $1,365 freight and PDI for 2010 Golf / 2010 Jetta and $1,580 freight and PDI for 2010 Tiguan) financed at 0% APR for 36 months equals $598/$653.89/$818.19 per month. Dealer may sell for less. Down payment or equivalent trade-in, due at signing, may be required. Cost of borrowing is $0 for a total obligation of $21,540/$23,540/$29,455. PPSA, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. Offer ends March 31, 2010 and is subject to change or cancellation without notice. 2010 3-door Golf 2.5L as shown is $25,265 with options and accessories. 2010 Jetta 2.5L as shown is $26,235 with options and accessories. 2010 Tiguan 2.0T as shown is $35,670 with options and accessories. Dealer order/trade may be necessary. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Golf", "Jetta" and "Tiguan" are registered trademarks of Volkswagen AG. "Das Auto & Design" is a trademark of Volkswagen AG. © 2010 Volkswagen Canada.

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CITY: 7.9L/100KM (36 MPG)
HWY: 6.3L/100KM (45 MPG)▲▲

MORE 2010 REDESIGNED **SENTRA** 2.0

2010 IIHS TOP SAFETY PICK

5-STAR RATING FOR FRONT-IMPACT CRASH SAFETY4

0% PURCHASE FINANCING FOR 36 MONTHS‡

$16,523" SELLING PRICE

140-hp, 2.0-litre DOHC engine • Standard ABS with available Vehicle Dynamic Control (VDC) AM/FM/CD audio system with auxiliary input jack • Nissan Advanced Six Airbag System • Winner of the Canadian ALG 2010 Residual Value Award – Entry Compact Car Category[5]

LEASE FOR **$179**† PER MONTH FOR 60 MONTHS INCLUDES FREIGHT & PDE

LEASE RATE **2.9%** $0 SECURITY DEPOSIT $2,148 DOWN PAYMENT $12,915 TOTAL LEASE OBLIGATION

CITY: 8.4L/100KM (34 MPG)
HWY: 6.4L/100KM (44 MPG)▲▲

2.0 SL MODEL SHOWN▲ www.nissan.ca/sentra

MORE 2010 **ROGUE** FWD S

5-STAR RATING FOR SIDE-IMPACT CRASH SAFETY4

0% PURCHASE FINANCING FOR 36 MONTHS‡

$24,698" SELLING PRICE
INCLUDES $1,500 BONUS*

170-hp, 2.5-litre DOHC engine • Standard Xtronic CVT® w/ available paddle shifters • Standard ABS, Vehicle Dynamic Control (VDC), and Traction Control System (TCS) • Auxiliary audio input jack • Winner of a Consumers Digest Best Buy Award[3]

LEASE FOR **$229**† PER MONTH FOR **39** MONTHS INCLUDES FREIGHT & PDE

LEASE RATE **1.9%** $0 SECURITY DEPOSIT $4,418 DOWN PAYMENT $13,354 TOTAL LEASE OBLIGATION

CITY: 9.2L/100KM (31 MPG)
HWY: 7.3L/100KM (39 MPG)▲▲

2.5 SL AWD MODEL SHOWN▲ www.nissan.ca/rogue

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UP TO **$1000** REBATE■ | NISSAN GRAD PROGRAM

‡0% purchase financing for up to 36 months available on 2010 Versa Hatch, Sentra and Rogue models. Finance Example for a new 2010 Versa Hatch 1.8 S (B5LG50 AA00): $15,523 Selling Price including ($1,325) freight and PDE, financed at 0% APR for 36 months equals $292.31 per month with $5,000 down payment or equivalent trade-in. Cost of borrowing is $0 for a total obligation of $15,523. License, registration, insurance, duties and applicable taxes are extra. Finance offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers. Retailers are free to set individual prices. Offers valid between February 2nd and March 1st, 2010. †Lease Examples: $15,523/$16,523/$24,698 Selling Price for a new 2010 Versa Hatch 1.8 S (B5LG50 AA00)/2010 Sentra (C4LG50 AA00)/2010 Rogue FWD S (W6RG10 AA00) at 2.9%/2.9%/1.9% lease rate for a 60/60/39 month term. Monthly payment is $203/$179/$229 including ($1,325)/($1,325)/($1,500) freight and PDE with $0/$2,148/$4,418 down payment or equivalent trade-in, and $0/$0/$0 security deposit. License, registration, insurance, duties and applicable taxes are extra. All prices are subject to change without notice. Retailer may lease for less. Lease based on a maximum of 24,000 km per year with excess charged at $0.10/km. Total lease obligation is $12,173/$12,915/$13,354. Lease and finance offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers. Retailers are free to set individual prices. Offers valid between February 2nd and March 1st, 2010. ††Selling Price for a new 2010 Versa Hatch 1.8 S (B5LG50 AA00), manual transmission/2010 Sentra (C4LG50 AA00), manual transmission/2010 Rogue FWD S (W6RG10 AA00) Selling Price and monthly payment include $1,500 bonus. The $1,500 bonus applies only to the purchase or lease of new 2010 Rogue FWD S (W6RG10 AA00) models. The $1,500 bonus is stackable with subvented lease and finance rates and is deducted from the starting price after taxes. Limited time offers on approved credit through Nissan Canada Finance are subject to change without notice and cannot be combined with any other offers. Retailers are free to set individual prices. ▲Models shown $18,723 Selling Price for a new 2010 Versa Hatch 1.8 SL (B5RG50 AA00), manual transmission/$24,423 Selling Price for a new 2010 Sentra 2.0 SL (C4TG10 AA00), CVT transmission/$30,798 Selling Price for a new 2010 Rogue SL AWD (Y6SG10 AA00), CVT transmission. Freight and PDE charges ($1,325)/($1,325)/($1,500) are included. License, registration, insurance, duties and applicable taxes are extra. All prices are subject to change without notice and cannot be combined with any other offers. Retailer may sell for less. ▲▲Actual mileage may vary with driving conditions - use for comparison only. [1]WardsAuto.com's Lower Small segment, January 2009. [2]WardsAuto.com's Lower Small segment, January 2009. 2010 Versa vs. 2009 competitors. [3]The 2010 Versa Hatch and Rogue are winners of a Consumers Digest Best Buy Award. The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. [4]Government star ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA) New Car Assessment Program (www.safercar.gov). U.S. model tested. Please see www.safercar.gov for up to date information. [5]The 2010 Sentra is winner of the Canadian ALG Residual Value Award – Entry Compact Car category. ■For a limited time receive up to $1,000 Grad discount available on select models when leasing or financing a new 2010 Nissan. See retailer for complete Grad program details.

We Are The World again

On Monday afternoon, an impressive list of stars — including Celine Dion, Jennifer Hudson, Justin Bieber and Kanye West — began arriving at the Jim Henson Studios in Hollywood to re-record the classic charity single We Are the World, this time for Haiti earthquake relief. USMAGAZINE.COM

Entertainment

No more TV

When Lost wraps up this May, don't expect Matthew Fox to find himself on another TV show. "I won't be doing any more television," the star, 43, says. USMAGAZINE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Avatar, Locker lead Oscar race

Hollywood Votes
Academy **Awards**

The science-fiction sensation Avatar and the war-on-terror thriller The Hurt Locker lead the Academy Awards with nine nominations each, including best picture and director for former spouses James Cameron and Kathryn Bigelow.

For the first time since 1943 the Oscars feature 10 best-picture contenders instead of the usual five.

Also nominated for best-picture yesterday: District 9; the animated comedy Up; the Second World War saga Inglourious Basterds; the football drama The Blind Side; the recession tale Up in The Air, the 1960s drama A Serious Man, and the teen tales An Education and Precious: Based on the Novel Push By Sapphire.

Acting nominees include the four stars who have dominated early awards shows: Lead players Sandra Bullock for the football drama The Blind Side and Jeff Bridges for the country-music tale Crazy Heart and supporting performers Mo'Nique for Precious and Christoph Waltz for Inglourious Basterds.

The best-picture and director categories shape up as a showdown between exspouses who directed films that have dominated earlier Hollywood honours.

Cameron's Avatar won best drama and director at the Golden Globes, while Bigelow's The Hurt Locker beat out Cameron at the Directors Guild of America Awards, whose recipient usually goes on to earn the best-director Oscar.

The Hurt Locker also beat Avatar for the Producers Guild of America top prize and was chosen as last year's best film by many key critics groups.

Bigelow said she was gratified and humbled.

"It's a huge, huge compliment to the entire cast and crew," she said. "It was a very difficult shoot of heat and sun and windstorms and sandstorms and they had to unite crew from Lebanon and Israel."

Bigelow is only the fourth woman nominated for a directing Oscar. No woman has ever won the directing Oscar, and until Bigelow, no woman had ever won the Directors Guild honour.

Lee Daniels, who made Precious, became only the second black filmmaker nominated for best director, after John Singleton for 1991's Boyz N the Hood.

There will also be some competition among Canadians in the directing category. Montreal-born director Jason Reitman, nominated for Up in the Air will compete against Cameron, who was born in Kapuskasing, Ont. Rounding out the directing category is Quentin Tarantino for Inglourious Basterds.

Vancouver-based Neill Blomkamp and Terri Tatchell, meanwhile, are nominated for best adapted screenplay for District 9.

Bullock is up against past Oscar winners Meryl Streep as chef Julia Child in Julie&Julia and Helen Mirren as Leo Tolstoy's bull-headed wife in The Last Station, along with first-time nominees Carey Mulligan as a British teen involved with an older man in An Education and Gabourey Sidibe as a Harlem teen overcoming horrible abuse and neglect in Precious.

Also nominated for best actor are past Oscar winners George Clooney as a frequent-flyer junkie in Up in the Air and Morgan Freeman as South African leader Nelson Mandela in Invictus, Colin Firth as a grieving gay academic in A Single Man and Jeremy Renner as a bomb disposal expert in Iraq in The Hurt Locker.

THE ASSOCIATED PRESS

James Cameron's sci-fi blockbuster Avatar is nominated for nine Academy Awards, including best picture.

Following news stories on Twitter...

Oscar**Tweets**

@666300 I think Cold Souls deserved a nomination. Paul Giamatti delivered another excellent performance. Watchmen was not nominated for ANYTHING? How did Inglourious Basterds get passed up for a Costume Design nomination?

@NFB_Jennifer snubbed: Sharlto Copley from District 9. Had barely acted before and he carried the film ... absolutely riveting.

@carr2n And Lee Daniels deserves director nom for seeing in Precious what no one else saw.

@LarsenOnFilm The Cove gets a deserving Oscar nod as Best Documentary. Probably one of the most disturbing docs I've seen.

MATT SAYLES/ASSOCIATED PRESS

CHRIS PIZZELLO/ASSOCIATED PRESS

MARK J. TERRILL/ASSOCIATED PRESS

MATT SAYLES/ASSOCIATED PRESS

Nominees announced yesterday include, clockwise from bottom left, Jason Reitman, best director for Up In The Air, Jeff Bridges, best actor for Crazy Heart, Lee Daniels, best director for Precious, Kathryn Bigelow, best director for The Hurt Locker.

m.metronews.ca

Scan this barcode or visit metronews.ca/entertainment for a complete list of Academy Award nominees

No more Mr. Nice Guy

Travolta reflects on new ruthless role and a 37-year career

PHIL BROWN
for Metro Canada

Whether it's strutting his stuff to the Bee Gees, munching down a Royal With Cheese with Samuel L. Jackson, or swapping faces with Nicholas Cage, John Travolta has provided audiences with a laundry list of memorable movie moments.

Over a 37-year career, Travolta has become one of the most recognizable faces in film. But when looking back on his early work, the actor admits that he can barely recognize himself.

"I see a little boy in those movies," Travolta says. "I thought I was very advanced in those days, but I know much more now. I was lucky to start in this industry with a bang and I'm even luckier to still be here."

This week audiences may see a side of Travolta they never expected in From Paris With Love. The star plays a ruthless special agent with no qualms about shooting first without ever getting to the questions.

John Travolta. left, plays a special agent in From Paris With Love.

"It's a pretty extreme character. I don't think anyone has seen me quite this way before and that was the reason to do it," says Travolta. "We decided that the only way it would work was to be bold with the character and go all the way."

No matter how violent or over-the-top his character might be, Travolta was never worried about harming his nice-guy image. "It wasn't a concern because he's not really a villain. He's a good guy with unorthodox methods."

The movie is an all-out action thrill ride filled with car chases, gunfights, explosions, and at least one rocket launcher. Surprisingly the 55-year old actor ended up doing most of his own stunts on the project.

"When we started I said to (director) Pierre Morel, 'Do you really want me to do all of these stunts because I'm an old man?'" says Travolta. "But there was such a confidence there that I thought I'd better to live up to their expectations and really went for it. It paid off because I've never done this much action in a movie before."

From Paris With Love also gave Travolta the opportunity to change his appearance, shaving his head and growing a goatee for the role. A jarring look that the actor and director claim they got from photos of special agents in Soldier Of Fortune magazine.

Audiences are sure to be caught off guard, but that's what the actor hoped for and it reminded him of his approach to one of his most famous roles.

"It was similar to Pulp Fiction where it was my idea to do that Dutch Boy thing," says Travolta. "The character had just been in Europe, so I thought it would be an appropriate Eurotrash look... In both movies my look is the signature of the character."

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 2/3/10	251	308	3 CBC	Wheel Fortune	Jeopardy! (N)	Dragons' Den (N) (CC)		Republic of Doyle (N)		CBC News: The National (N)		(:05) The Hour
	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	etalk (CC)	Access H.	Criminal Minds "Parasite" (N)		American Idol (N) (CC)		CSI: NY "Sanguine Love" (N)		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	The Practice "Checkmates"		Third Watch (CC)		P3	Ek Noor	New Day
	252	336	11 GTV	Entertainment	ET Canada	Bones (N) (CC)		Kitchen Nightmares "Bazzini"		The Deep End (N) (CC)		News
	256	389	12 VI	Degrassi	TMZ (N) (CC)	Old Christine	The Middle	Hope Floats ★ (1998) Sandra Bullock, Harry Connick Jr. (CC)				A News (N)
	253	359	13 CITY	Ugly Betty (N) (CC)		Mercy (N) (CC)		Family	Cougar Town	The Jay Leno Show (N) (CC)		EP Daily
	-	-	14 CW	The Office	The Office	Life Unexpected (CC)		Gossip Girl (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Super Bowl-Commercials		Criminal Minds "Parasite" (N)		CSI: NY "Sanguine Love" (N)		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	Mercy (N) (CC)		Law & Order: SVU		The Jay Leno Show (N) (CC)		KING 5 News
	602	568	19 W	Supernanny "Silva Family"		Chef Worthy	Grocery Bag	Restaur.	Restaur.	Too Young to Marry (2007) Dillon Casey.		
	288	380	21 ABC	Wheel Fortune	Jeopardy! (N)	Family	The Middle	Family	Cougar Town	(:01) Ugly Betty (N) (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	The List ★ (2000, Suspense) Madchen Amick, Ryan O'Neal.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	ArtZone	Steves Europe	Secrets of Shangri-La (CC)		The National Parks: America's Best Idea "The Last Refuge (1890-1915)"				
	290	382	28 FOX	Two/Half Men	Two/Half Men	Human Target "Sanctuary" (N)		American Idol (N) (CC)		Q13 FOX News at Ten (N)		Family Guy
	-	364	48 PBS	The National Parks: America's Best Idea			Keeping Up	Tavis Smiley	Charlie Rose (N) (CC)		Best of Red Skelton (CC)	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Paid Program	Street Court	Cold Files
	298	653	35 TLA	Two/Half Men	Two/Half Men	Life Unexpected (CC)		Gossip Girl (CC)		KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	38 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury Celebrity look-alikes.	
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	26 NW	Badge of Pride (CC)		CBC News: The National (N)		CBC News: The National (N)		Badge of Pride (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Sportsnet	Canucks TV	Hockey	MMA Conn	The Ultimate Fighter		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	(6:30) NHL Hockey Philadelphia Flyers at Edmonton Oilers.				SportsCentre	Off the Record	Strongest Man	Strongest Man	SportsCentre
	411	457	43 OLN	Ghost Hunters Academy		Destination Truth (CC)		Operate-Repo	Operate-Repo	Ghost Hunters Academy		Ghost Hunters
	410	403	54 SCR	College Basketball		Score Now		Score Now		Score Now		Final Score
	417	406	55 SC	Wrecked	Wrecked	Pass Time	NASCAR Hub	Dangerous Drives		Pass Time	Pass Time	Wrecked
	416	409	144 GLF	Fútbol Italiano				Gol TV News	Foot Brazil	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	iCarly (CC)	That's-Weird	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	555	545	50 TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Babar (CC)	Big & Small	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	(:35) Franklin	Comfy Couch
cable variety	268	354	5 KNO	Blue Realm (CC)		Chinese School (CC)		Giselle Romantic ballet. (N) (CC)				Helicopter
	575	583	20 CMT	Home Imp.	Home Imp.	Due South "One Good Man"		Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According/Jim
	570	580	24 MM	My Date	disBAND	MuchOnDemand (CC)		Pimp My Ride	My Own	Love Court	My Date	Video on Trial
	600	564	29 H&G	House	House	Holmes on Homes (CC)		Agent-Agent	Intervention	Property	Unsellable	House Hunt
	615	520	61 A&E	Steven Seagal	Steven Seagal	Steven Seagal	Steven Seagal	Bounty Hunter	(:31) Dog the Bounty Hunter		Bounty Hunter	Steven Seagal
	628	584	62 SPKE	Ways to Die	MANswers (N)	I Bet You Will	Ways to Die	MANswers	Ways to Die	CSI: Crime Scene Invstgtn.		Mysteries
	521	560	64 TLC	Toddlers & Tiaras (N) (CC)		Conjoined Twins		I'm Pregnant	I'm Pregnant	Toddlers & Tiaras (CC)		Mystery Diag.
	616	522	65 SHO	Relic Hunter (CC)		Blind Trust (2007) Jessica Capshaw, Chad Willett. (CC)				HawthoRNe (N) (CC)		NCIS "Hiatus"
	620	523	40 BVO	White Collar "Bad Judgment"		Law & Order "Rebels" (CC)		Without a Trace (CC)		White Collar "Bad Judgment"		Red Shoe
	601	562	41 SLC	End of Leash	End of Leash	ET Canada	What	Real Housewives NYC		Real Housewives OC		Runway
	520	505	42 DIS	Mayday "Operation Babylift"		Daily Planet (CC)		Mayday "Operation Babylift"		The Colony		License
	522	506	44 HIS	Ice Pilots NWT "The Crash"		Nostradamus Effect (N) (CC)		Ice Road Truckers (CC)		Ice Pilots NWT "The Crash"		Re-Inventors
	627	528	45 SPC	Supernatural "Swap Meat" (N)		InnerSpace	Stargate SG-1	"Entity" (CC)	Star Trek: Next Gener.		The Nightmare Hallucinations.	
	294	650	57 TBS	Meet, Browns	Meet, Browns	Lopez Tonight (N)		Cheech & Chong: Roasted		Name Is Earl	Name Is Earl	Lopez Tonight
	619	525	48 TROP	Rescue Ink "No Bull" (CC)		Hoarders "Judi and Gail"		Hoarders "Chris and Dale"		Parking Wars	Parking Wars	Spoiled
	603	561	62 FN	Chopped "Sticking to It"		Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	Chopped "Sticking to It"		Iron Chef
	-	-	59 AMC	Enter-Dragon	Fight Club ★★★ (1999, Suspense) Brad Pitt, Edward Norton, Helena Bonham Carter. (CC)						The Concorde: Airport '79	
	626	547	67 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Little Britain	Hot Box	Daily Show
	320	621	60 CEN	Sukiyaki Western Django (CC)		Appaloosa ★★★ (2008) Ed Harris, Viggo Mortensen. (CC)				One Week ★★ (2008) Joshua Jackson. (CC)		
	581	566	101 MTV	The Real World (N) (CC)		MTV Live	After	Buried	Buried	The Real World (CC)		MTV Live
	261	394	102 V	Unscripted (N)	God Bless	Poltergeist: The Legacy		In the Line of Duty: Ambush in Waco ★★ (1993) Tim Daly.				Paid Program
	-	-	105 MUL	My Queen	Immortal	Van. Nights	Iranian Pop	Sabor Latino		Sabor Musical	Temas	Patrol World

CLUB METRO WEEKLY REWARDS

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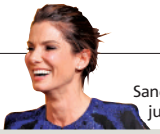


Ms. Congeniality put to the test

Sandra Bullock and her husband Jesse James continue to battle in court with his ex-wife, porn star Janine Lindemulder. The judge denied Lindemulder visitation rights to see Sunny, her six-year-old daughter, E! News reports. METRO NEWS SERVICES

Celebrity Buzz

Follow these celebrities on Twitter...

CelebTweets

JOEL MCHALE doesn't feel like explaining his fashion choices, **LINDSAY LOHAN** needs tech support, **DEMI MOORE** splits talk-show duties with her husband, and **JOHN CLEESE** shows off his modesty.

@joelmchale I'm wearing short shorts right now. Please don't ask why. @lindsaylohan HOW DO I UPLOAD A VIDEO! People always say "ask for help if you need it" i am asking! @mrskutcher Hey just met the Jersey Shore crew! Hubby is going to be so jealous he is over at GMA today instead of the Today Show with me! Hehe! @JohnCleese May you continue to be facinated by me, because I really am a wonderful human being.

METRO WORLD NEWS

A woman's intuition

AKA: GOOGLE Katy Perry already had an inkling that Russell Brand was going to pop the question, thanks to the power of the Internet. "Unfortunately, I still Google myself sometimes. I saw it on Google alerts. I'm going to be honest," she tells E! News. Brand had been spotted shopping for engagement rings, with the trip widely reported across the web.

METRO WORLD NEWS

Says 'no' to 'yes' people

AND 'YES' TO BEYOND THE GRAVE GREETINGS Janet Jackson still expects her late brother Michael to call her, femalefirst.co.uk reports.

The singer — and younger sister of the Thriller star, who died last June from acute Propofol intoxication, at the age of 50 — says her grief gets easier with every day that passes, but she would do anything to hear him speak again.

"It gets sad sometimes because, I don't know, you think your phone is going to ring and you hear that voice calling your name," she says.

"But, yeah, life goes on and everybody grieves differently. And every day is different. Some days it's much easier than others."

Jackson, 43, also revealed Michael's untimely passing made her realize she needed to make changes in her life. She said in an interview with Wonderland magazine, "A lot of people in this industry have a lot of 'yes' people. That I can tell you I do not have.

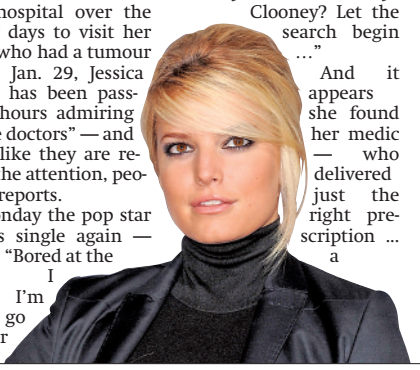
"A lot has changed in my life this year, a lot of changes, I think I'm kind of heading in a different direction for sure."

METRO NEWS SERVICES

Digging Doctor Dolittle

HE UNDERSTANDS WHAT SHE'S SAYING, EVEN IF SHE DOESN'T At the hospital over the past few days to visit her "Nana," who had a tumour removed Jan. 29, Jessica Simpson has been passing the hours admiring the "cute doctors" — and it looks like they are returning the attention, people.com reports.

On Monday the pop star — who's single again — Tweeted, "Bored at the hospital. I think I'm gonna go look for some hot doctors. McDreamy? McSteamy? Clooney? Let the search begin …"



And it appears she found her medic — who delivered just the right prescription … a spelling lesson.

On Jan. 30, Simpson attempted to quote Bob Dylan when she Tweeted, "You can fake an orgasim (sic) but you can't fake laughter." Hours later, however, she clarified her message by saying that she meant "orgasm," not "orgasim."

The fix came, she Tweeted, as a result of "one of the cute doctors here at the hospital informed me of my misspelled tweet. Hmm … was he hitting on me?"

METRO NEWS SERVICES

I had an affair with the dragon

HE SAID IT, NOT ME. SEE WHAT I DID THERE, GERARD? Gerard Butler admits that he's used to rumours of romance popping up every time he co-stars with someone in a film, as they have with Jennifer Aniston recently.

But he hopes the rumour mill will give it a rest for his next film, the animated How to Train Your Dragon, in which Butler works with fellow Scotsman Craig Furgeson.

"I wouldn't be surprised if I was linked to Craig," Butler tells the Daily Record.

"But maybe they'll come up with a way to say I had an affair with the dragon. "Or that I had sex with all of them."

METRO WORLD NEWS

Love is a many splendid thing

IT'S ALSO A MANY GENDERED THING Amy Winehouse is reportedly no stranger to same-sex relationships, but she doesn't see why that should stop her reuniting with ex-husband Blake Fielder-Civil, according to News of the World.

"I have had relationships with other women but that doesn't mean I don't still love Blake," Winehouse tells friends, according to the newspaper. "There is something about being with a woman that is very satisfying. I don't care what people think about me being (bi-sexual). I do what feels good."

GETTY IMAGES

METRO WORLD NEWS

On the road to rehab

AGAIN A judge in Los Angeles is sending the troubled son of Ryan O'Neal and the late Farrah Fawcett back to rehab after more than a month in jail. The judge placed Redmond O'Neal back on probation and sentenced to an intense residential rehab program during a brief hearing Thursday. The 25-year-old has been jailed since Dec. 29 for violating his probation on a previous drug conviction. Los Angeles Superior Court Judge Michael Tynan says if O'Neal succeeds at the rehab program, he will then be sent to a sober-living facility.

METRO WORLD NEWS

etalk's Lainey Lui dishes out celeb dirt in three's

Three Talk

with Lainey Lui

JOHNNY DEPP. Johnny Depp is the reigning People Magazine Sexiest Man Alive and one the most popular actors in the world. He is also one of the most private. With worldwide career box office earnings totalling more than $4 billion, Johnny has accumulated a personal fortune that has enabled him to live in relative obscurity in relation to his fame and, in comparison to his peers Brad Pitt and George Clooney, fiercely guard his personal life. Here are three things you might not know about Johnny Depp:

ONE He arrived in Hollywood intending to pursue a record deal with his band. It was Nicolas Cage who persuaded him to become an actor. The two are still friends and Depp was rumoured to have offered to bail Cage out of his recent financial troubles.

TWO Depp developed a close relationship with one of his literary idols Hunter S Thompson. When Thompson committed suicide in 2005, Depp paid for most of the memorial.

THREE Depp regularly dresses up as Captain Jack Sparrow, his character from Pirates of the Caribbean, for visits to the children's ward of the hospital where his daughter Lily Rose was once treated for a near fatal infection.

Lainey Lui is a reporter for etalk and runs the popular gossip site, LaineyGossip.com. As part of CTV's Olympic Broadcast Team, Lainey is on the ground in Whistler reporting on entertainment news from the Vancouver 2010 Olympic Winter Games.

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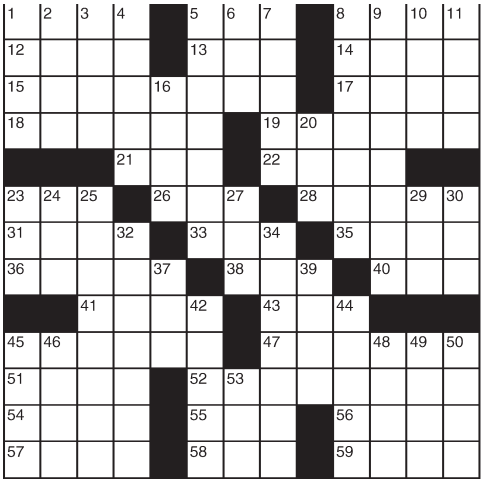
Take Five



ACROSS

1 Vicinity
5 Inhabitant (Abbr.)
8 Detail
12 Paper quantity
13 Kanga's kid
14 Undressed
15 No. 51 on the table
17 Unforeseen problem
18 Sarajevo's land
19 Baffler
21 Frequently
22 Tango moves
23 Antonym (Abbr.)
26 Teeny tale
28 Attack dog, e.g.
31 Island dance
33 Help
35 Ms. Moore
36 "The final frontier"
38 Support system?
40 Gist
41 Brass instrument
43 Mischief-maker
45 Scales
47 Buccaneer
51 Top-notch
52 No. 1 on the table
54 Whirled
55 Listener
56 Monetary supply
57 Fixes a skirt
58 Agent
59 Collections

DOWN

1 Bedouin
2 Nevada city
3 Dines on
4 Acid type
5 Zagreb's land
6 Charged bit
7 Tinkered (with)
8 Flat
9 No. 74 on the table
10 Cheese choice
11 Ginormous
16 Irk
20 Penpoint
23 Surprise cries
24 Young seal
25 No. 78 on the table
27 Chest protector
29 Ostrich's cousin
30 Umbrella-frame part
32 Keen senses of judgment
34 Hang on the line, maybe
37 Recede
39 Eastern bigwig
42 Fireplace residue
44 Campus staffers
45 Money
46 Bound along
48 Chills and fever
49 Bivouac setup
50 Make — meet
53 Mouth, slangily

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

4			6				7	8
	9			8				
6	3				2		4	
1		6		5	3			
			9	1		7		2
	8		1				9	6
				2			1	
7	2				6			5

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

S	O	A	P		F	L	Y		D	A	N	G
O	A	H	U		L	A	O		O	R	E	O
S	T	E	P	D	O	W	N		W	E	A	R
O	H	M		U	R	N		S	N	A	R	E
			U	S	A		Y	O	U			
A	G	E	N	T		Y	A	W	N	I	N	G
L	O	R	D		C	A	P		D	R	U	B
B	O	R	E	D	O	M		M	E	A	N	S
			R	O	W		H	E	R			
A	B	A	F	T		B	O	A		A	D	S
W	A	C	O		F	O	O	T	S	T	E	P
L	I	M	O		D	O	E		P	O	L	E
S	T	E	T		A	N	Y		A	M	I	D

9	3	4	2	8	5	6	1	7
5	8	7	9	1	6	4	2	3
6	2	1	3	4	7	8	9	5
3	7	8	1	9	2	5	4	6
1	6	9	5	7	4	2	3	8
2	4	5	6	3	8	1	7	9
7	9	6	4	5	1	3	8	2
8	1	2	7	6	3	9	5	4
4	5	3	8	2	9	7	6	1

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Sausages with Mustard Mashed Potatoes and Red Onion Gravy

INGREDIENTS:

1 tbsp (15 mL) olive oil
1 red onion, thinly sliced
2 tsp (10 mL) brown sugar
2 lb (1 kg) potatoes, peeled and cut into chunks
8 sausages
1 tbsp (15 mL) all-purpose flour
1 1/4 cups (300 mL) hot beef stock
6 3/4 tbsp (100 mL) red wine
1 tbsp (15 mL) Worcestershire sauce
6 3/4 tbsp (100 mL) milk, warmed
31/2 tbsp (50 mL) butter
3 tsp (15 mL) whole-grain mustard

METHOD:

1. Heat oil in frying pan. Add onion and sprinkle with sugar, then cook gently, stirring from time to time, until onion is lightly caramelized. Preheat broiler.

2. Boil potatoes in lightly salted water until tender; grill sausages, turning regularly, until evenly browned.

3. Sprinkle flour over caramelized onion, stir and cook 1 minute, then stir in stock, wine and Worcestershire sauce. Boil, then reduce heat and leave to simmer.

4. Drain potatoes and return to pot. Mash with warm milk, butter and mustard to taste. Spoon mound of mashed potato on to each plate, lay sausages on top and spoon over gravy.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Do something that even by your standards is a bit over the top. You need to remind yourself that sometimes life can be taken too seriously.

TAURUS ♉
APRIL 21-MAY 21
You may be having your doubts about a commitment that only a short while ago you thought was the best thing you had ever signed up to.

GEMINI ♊
MAY 22-JUNE 21
Something will not work out the way you expected today but don't sweat it because it does not matter that much.

CANCER ♋
JUNE 22-JULY 22
Something will happen over the next few days that compels you to reconsider a belief or opinion you have never had cause to question before.

LEO ♌
JULY 23-AUG 23
What you are about to do may not be to everyone's tastes but you are not doing it for them, you are doing it for you, and nothing else matters.

VIRGO ♍
AUG 24-SEPT 22
As a Virgo you are so well organized, but not everyone is as in control of their lives as you are, so make allowances.

LIBRA ♎
SEPT 23-OCT 23
Everything will go well for you today so long as you don't get distracted by things that are of no real importance.

SCORPIO ♏
OCT 24-NOV 22
If someone offers you their help you should think long and hard before accepting. Will there be something you have to do for them in return?

SAGITTARIUS ♐
NOV 23-DEC 21
If you don't know why a loved one is acting a little bit cold towards you it is probably because you have said or done something they do not approve of.

CAPRICORN ♑
DEC 22-JAN 20
According to the planets you have been working too hard and need to go easier on yourself over the next few days.

AQUARIUS ♒
JAN 21-FEB 18
Chances are you have allowed too many people to get away with too many things in recent weeks.

PISCES ♓
FEB 19-MARCH 20
Don't expect people you deal with today, at home or at work, to think logically or act in predictable ways.

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TELUS | iPhone 3GS

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